A Proposal of the thesis entitled

PERCEIVED BARRIERS TO SPORTS PARTICIPATION IN COLLEGE FEMALE STUDENTS IN MARATHWADA REGION OF MAHARASHTRA

Research Proposal Submitted to

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INTRODUCTION:

Physical activity and exercise have been positively associated with successful long-term weight control in cross-sectional, longitudinal, and retrospective studies (Catenacci and Wyatt 2007). Participation in any sports in childhood and adolescence offer a number of benefits, such as, increase physical fitness, motor co-ordination, self-discipline, mental as well as physical health, control of body composition and also to enhance muscle strength (Biddle & Mutrie, 2001). But participation rates among girls are much lower than boys. There are numbers of reasons like practical barriers, personal, social and cultural barriers. Sometimes, backward area effects on it. Though many girls and women from Marathwada region play different types of game and have achieved the success. They are participates in various school level competitions, inter collegiate tournaments and also in inter-university tournament. But the percentage of collegiate girls participating in sports is lesser as compared to collegiate boys. This study will explore perceived barriers to female athletes and girls in sports participation, moderate and vigorous physical activity. Participation in sports by girls leads them to empowerment and help them to gain competency, builds personality and increase team spirit with physical and mental fitness. All over girls can control over their lives because of sports participation.

Though, girls and women are getting different rights to live in a society, not having full authority to use all that rights. Girls and women have to struggle everywhere for their rights. In colleges, many

girls participate in games but the many cant due to the restrictions given by their families and parents. There are too many barriers perceived to college girls and women like, practical, economical. Many parents differentiate in girls and boys, due to which they are unable to participate in many adventures and events.

Participation in sports represents a human behaviour and as any human behaviour is a complex cognitive process which implies decision making based on the assessment of various factors related to personality, beliefs, attitudes, personal goals, social norms and environment (Morrison V, Bennett P (2009). In this topic, want to focus on barriers perceived to collegiate girls in different games and physical activities of Marathwada region of Maharashtra.

STATEMENT OF THE PROBLEM

Perceived barriers to sports participation in college female students in Marathwada region of Maharashtra

OBJECTIVES OF THE STUDY:

1) To determine the sport participation to perceived barriers in female students.

2) To enhance the women empowerment through participation of games and sport.

3) To motivate the college girls for their active participation in sports.

NEED OF THE STUDY:

The aim behind this study is to create successful female athletes and to empower them. The successful athletes reports, psychosocial benefits of sports participation are reduces depression, increases vigour and enhance mood. Increase percentage of female athletes in sports participation is more important to progress them.

Girls empowerment has become the necessity of today. Empowerment can be defined as, "restoration to individuals of a sense of their own value and strength and their own capacity to handle life problems. It's more important to know the problems faced by collegiate girls aged from 18 to 25 years.

IMPORTANCE OF THE STUDY

The importance of promoting physical activity throughout childhood and adolescence has dramatically increased in recent years, as a result of research suggesting that incorporating a healthy lifestyle from a young age can significantly reduce health risks occurring in adult life. College girls are the female athletes from various urban and rural area, must take part in sports for physical and mental fitness.

This study is very important to know the current barriers faced by girls in different sports participation in Marathwada region of Maharashtra. So, it is beneficial to suggest the remedies to enhance the performance level in sports participation for them.

LIMITATIONS OF THE STUDY:

This study has many limitations are following:

1. **This study will provide only knowledge about sports participation of college female students.**
2. **This study will not provide details or information about economical condition of respondent or college female students.**
3. **This study will not require any family background information of the responders.**

4. **This study will not change thinking of persons related to sports behaviour.**
5. **This study is limited only for four districts of Marathwada region of Maharashtra.**

DELIMITATION OF THE STUDY:

1. **This study is limited to the girls aged between 18 to 25 years from Marathwada region from Maharashtra.**
2. **The study will carry only in Marathwada Region and certain colleges from different districts from Marathwada region of Maharashtra.**
3. **This study is only limited female athletes and their perceived barriers.**

So, there is no value for study related to male athletes.

REVIEW OF RELATED LITERATURE:

Marlene N. Silva et al.(2010) Behavior change interventions are effective to the extent that they affect appropriately-measured outcomes, especially in experimental controlled trials. The primary goal of this study was to analyze the impact of a 1-year weight management intervention based on self determination theory (SDT) on theory-based psychosocial mediators, physical activity/exercise, and body weight and composition. Participants were 239 women (37.6 ± 7.1 years; 31.5 ± 4.1 kg/m2) who received either an intervention focused on promoting autonomous forms of exercise regulation and intrinsic motivation, or a general health education program (controls). At 12 months, the intervention group showed increased weight loss (-7.29%,) and higher levels of physical activity/exercise (+138 ± 26 min/

day of moderate plus vigorous exercise; +2,049 ± 571 steps/day), compared to controls (P\0.001). Main intervention targets such as more autonomous self-regulation (for treatment and for exercise) and a more autonomous perceived treatment climate revealed large effect sizes (between 0.80 and .96), favoring intervention (P\0.001). Results suggest that interventions grounded in SDT can be successfully implemented in the context of weight management, enhancing the internalization of more autonomous forms of behavioral regulation, and facilitating

exercise adherence, while producing clinically significant weight reduction, when compared to a control condition. Findings are fully consistent with previous studies conducted within this theoretical framework in other areas of health behaviour change.

Hosein et al. (2014) The main drop-out reasons from the sport of roller skating amongst Iranian youth skaters has been examined. A questionnaire with 53 items (adopted from Enoksen, 2011) representing seven subscales namely: training factors and facilities, executive factors and team, education and work obligations, motivational aspects, social-cultural environment, choice of other sport activities and interests and economic factors was especially developed for this research. Responses were measured on a Likert scale ranging from "strongly disagree" to "strongly agree" in relation to each statement. In all 112 skaters predominantly male (mean age 17.1, SD = 1.63) with a mean = 5.43 years of experience (SD = 2.92) that had discontinued in the past two years completed the questionnaire. Results of one sample t-tests showed that all factors expect "social-cultural environment" are significant indicators for

drop out from skating with "economical factors" scoring the highest ranking. Correlational analysis showed that younger participants agree more strongly that "executive factors and team" and "education and work obligations" were the best predictors of drop out. Those with fewer years of experience considered "training factors and facilities", "motivational

aspects and social and cultural environment" as more likely reasons for quitting. Implications of the findings are discussed.

Sami Kokko et.al.(2017) Sports clubs form a potential setting for health promotion, but the research is limited. The aim of the Health Promoting Sports Club (HPSC) study was to elucidate the current health promotion activities of youth sports clubs and coaches, and to investigate the health behaviours and health status of youth participating in sports clubs compared to non-participants.

The study design employs cross-sectional multilevel and multimethod research with aspirations to a prospective cohort study in the next phase. The setting-based variables at sports clubs and coaching levels, and health behaviour variables at the individual level, are investigated using surveys; and total levels of physical activity are assessed using objective accelerometer measurements. Health status variables will be measured by preparticipation screening. The health promotion activity of sports clubs (n=154) is evaluated by club officials (n=313) and coaches (n=281). Coaches and young athletes aged 14–16 (n=759) years evaluate the coaches' health promotion activity. The survey of the adolescents' health behaviours consist of two data sets—the first is

on their health behaviours and the second is on musculoskeletal complaints and injuries. Data are collected via sports clubs (759 participants) and schools 1650 (665 participants and 983 non-participants). 591 (418 athletes and 173 non-athletes) youth, have already participated in

preparticipation screening. Screening consists of detailed personal medical history, electrocardiography, flow-volume spirometry, basic laboratory analyses and health status screening, including posture, muscle balance, and static and dynamic postural control tests, conducted by sports and exercise medicine specialists.

Ethics and dissemination The HPSC study is carried out conforming with the declaration of Helsinki. Ethical approval was received from the Ethics Committee of Health Care District of Central Finland. The HPSC study is close-to-practice, which generates foundations for development work within youth sports clubs.

Mirja Hirvensalo et.al (2011)The purpose of this paper was to discuss physical activity and sports participation in a life-course framework, long-term tracking, determinants, and correlates of physical activity from childhood to old age, and present possible causal links and pathways for the continuity of physical activity. It seems that intensive participation in general in physical activity and sports, as well as participation at school age, are important predictors of adulthood participation. Especially, inactivity rather than activity tends to track from youth to adulthood. Socioeconomic status, place of residence, and personal upward social mobility are related to participation. If physical activity is at a low level in early adulthood, it does not easily become a part of life later on, particularly among blue-collar workers,

women, and people with initially poor perceived health. Furthermore, in old age, earlier physical

activity seems to be the key determinant along with gender. Repeated social reinforcement in the form of support for autonomy, competence, and relatedness is important especially in transition periods and life events such as secondary schooling, change in employment, and change in family structure. In contrast, retirement presented itself as a good chance of starting new leisure time activities. A life-course approach provides understanding on long-ranging developmental trajectories. According to these results in particular, the polarization of exercise to the active and inactive portions of the population is accumulated over time, and gender and social background features require special attention.

Megan Connelly, Helen Brown et.al (2017) This study suggested physical activity often declines during pregnancy, however explanations for the decline are not well understood. This study was helpful to identify modifiable barriers to leisure time physical activity among women who did not meet physical activity guidelines during pregnancy.

This study based on data from 133 mothers (~3-months postpartum) who were recruited from the Melbourne InFANT Extend study (2012/2013). Women completed a self-report survey at baseline in which they reported their leisure-time physical activity levels during pregnancy as well provided an open-ended written response regarding the key barriers that they perceived prevented them from meeting the

physical activity guidelines during their pregnancy. Thematic analyses were conducted to identify key themes. The qualitative data revealed six themes relating to the barriers of leisure-time physical activity during pregnancy. These included work-related factors (most commonly reported), tiredness, pregnancy related symptoms, being active but not meeting the guidelines, lack of motivation, and a lack of knowledge of recommendations.

Considering work-related barriers were suggested to be key factors to preventing women from meeting the physical activity guidelines during pregnancy, workplace interventions aimed at providing time management skills along with supporting physical activity programs for pregnant workers should be considered. Such interventions should also incorporate knowledge and education components, providing advice for undertaking leisure-time physical activity during pregnancy.

Zoe Weir et.al., (2010), studied that commonly cited motivator for maintaining physical activity during pregnancy is helps to reducing pregnancy-related weight gain. In this study hey described that wide range of barriers to physical activity during pregnancy and all internal and external barriers were highlighted in this studies.

C.B. Macgregor et.al.,(2017) examine and explore the research literature related to masters cycling from a social ecology framework, in their study they explored health promotion research, leisure research and physical activity research supports the validity of the social ecology framework with respect to perceived benefits and constraints.

Yeshayahu Hutzler Uri Bergman (2011), studied the mediating factors to pursuing competitive swimming career as

well as attributes of participation, retrospectively reported by nine retired competitive swimmers with a disability and they reflected that participants retrospective which need for reducing barriers and enhancing facilitators and empowerment in pursuing an athletic carrier.

4.Assumptions

1. **Data will get directly and clearly by collegiate girls and women.**
2. **Some teachers and lecturers will also give proper guidance to give response to questionnaire to collegiate girls and woman.**
3. **Questionnaire method will give positive response to find out conclusion about related topic.**

Research Methodology: Survey

Method (field studies)

To know the population status of collegiate girls/ women's parents bothering to enter in sports participation and to know the interested girls /women in sport participation.

Personal interview:

In this process researcher will get direct answers or knowledge of conditions / problems / barriers faced by the responder. Because this method will have carried by direct conversations in the interviewer and the respondent i.e. collegiate girls and women.

QUESTIONNAIRES:

In this activities researcher can find out the interest of girls in particular sport participation, their thoughts, views regarding the sports.

SAMPLE POPULATION

The researcher has selected 400 girls from colleges of Nanded, Parbhani, Aurangabad, and Hingoli of Marathwada region of Maharashtra.

The researcher has selected 200 girls which has participated in sports and games and 200 girls those who has not participated in any or physical activity due to specific barriers.

MONTHLY PLAN OF THE WORK:

As given in below the thesis is divided into various chapters, accordingly the investigation on the problem will be carried out. Plan of work:

Month	Work
2 Month	Preparation of research proposal
6 Months	Data collection
6 Months	Review of related literature
4 Months	Sampling
4 Months	Data Analysis
4 Months	Delimitation of the study
4 Months	Significance of the study
4 Months	Possible knowledge contribution
2 Months	Chapterization

TOOLS OF THE STUDY

The researcher will made this type of research tool for the research.

1. **Self Reported Questioner**
2. **Interview**

STATISTICAL ANALYSIS :

Analysis of Data will find out with the help of Mean, Percentile and Standard deviation.

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